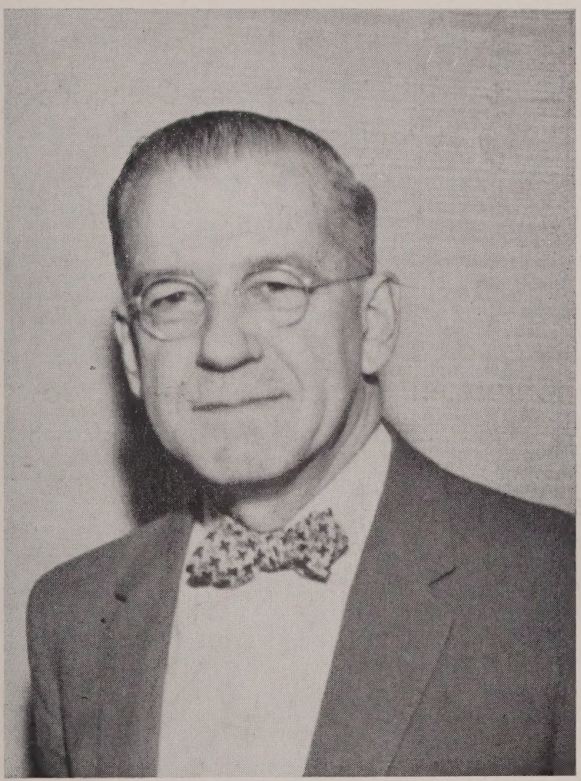
The Hampden Hippocrat

A Bulletin for the Hampden District of the Massachusetts Medical Society

VOLUME XV JUNE, 1959 NO. 6



LAWRENCE R. DAME, M. D.

President

Massachusetts Medical Society

MEMBER
MEDICAL SOCIETY
MAGAZINE GROUP

(For Message, See Page One.)

Hampden District Medical Society

Founded 1840

OFFICERS

President . . . . . John A. Burke, M. D.
Vice President . . . . . Alphonso A. Palermo, M. D.
Secretary . . . . . Harry N. Memery, M. D.
Treasurer . . . . . Howard B. Brown, M. D.
Assistant to the Secretary . . . . . Ray T. Smith, M. D.

Executive and Grievance Committees

John A. Burke, M. D., *ex-officio*

Thomas F. Reilly, M. D.	*ex-officio*	Alphonso A. Palermo, M.D.
Harry N. Memery, M. D.	*ex-officio*	Howard B. Brown, M. D.
Azel P. Barney, M. D.	1960	Eugene W. Beauchamp, M. D.
Henry Burkhardt, M. D.	1961	Samuel Klibanoff, M. D.
Ralph T. Miller, M. D.	1962	George Corcoran, Jr., M. D.

Chairmen of Standing Committees

Public Relations . . . . . Joseph M. Baker, M. D.
Legislative . . . . . Theodore R. Miner, M. D.
Woman's Auxiliary . . . . . Azel P. Barney, M. D.
Public Health . . . . . Norman A. Pokorny, M. D.
Insurance, Labor Relations and Industrial Accidents
Eugene W. Beauchamp, M. D.
Malpractice and Medico-Legal Affairs . . . . Wayne C. Barnes, M. D.
Nominating . . . . . Edward P. Bagg, M. D.

Chairmen of Special Committees

Medical Advisory . . . . . Noah N. Feldman, M. D.
Blue Shield District Professional Service . . . . M. Gene Black, M. D.
Emergency Medical Service . . . . . Peter Zarecki, M. D.
Health and Accident Insurance . . . . . William J. Cosgriff, M. D.
Mental Health . . . . . Olive A. Cooper, M. D.
Rehabilitation . . . . . Joseph P. Derby, M. D.
Representatives on Community Council
Allen S. Johnson, M. D. and Thomas F. Reilly, M. D.

The Hampden Hippocrat

"Life is short and art is long, the occasion fleeting, experience fallacious and judgment difficult."
Hippocrates

Published monthly except July and August

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THE HAMPDEN HIPPOCRAT, JUNE, 1959

A MESSAGE TO HAMPDEN

from

DR. LAWRENCE R. DAME, President
Massachusetts Medical Society

It is a most pleasurable privilege for me to extend to the Fellows of the Hampden District Medical Society the official greetings and best wishes of your State Society. You have consistently earned the tipping of the official hat for the high quality of medical care delivered to patients in your area, for the competence and loyalty of each individual physician, and for the high professional standards established by your unified action.

"Fellowship" is an extremely apt term designating the relationship among physicians in the State Society. It delicately subdues the somewhat competitive position of the individual physician and accents the benefits of co-operation.

These benefits may be as silent as the honor of election to enrollment, the appointment to positions of responsibility, the protective ethics, the library services or the advice which is forthcoming during times of trouble. They may be as obvious as the various post-graduate programs, the various medical insurance programs offered to patients, the eligibility for certain hospital or public professional assignments or the position of spokesman for the medical position on matters of health. Regardless of the form or magnitude, these benefits are real.

(Over)

The physicians of the Connecticut Valley have had aspirations and problems in common since times prior to the formation of your State Society. We have exchanged physicians, professional knowledge and support of all forms for nearly three hundred years for the betterment of our communities. We have been accorded the approval and support by the public for all of our efforts dedicated to its true interests. I am sure this approval will continue if we but keep our correct goals in true focus. My best regards to each of you.

M. M. S. ELECTS

The following officers were elected at the recent annual meeting of the Mass. Medical Society.

President: Dr. Lawrence R. Dame, Greenfield

President-Elect: Dr. Carl Bearse, Cambridge

Vice President: Dr. John C. Corrigan, Fall River

Secretary: Dr. Robert W. Buck, Waban

Treasurer: Dr. Eliot Hubbard, Jr., Cambridge

Orator: Dr. Max Ritvo, Brookline

Delegates to the American Medical Association: Doctors Norman A. Welch, Boston; Nicholas S. Scarcello, Worcester, and Henry F. Howe, Cohasset.

Alternate Delegates: Doctors Carl Bearse, Cambridge; John W. Norcross, Wellesley Hills, and Donald Hayes, Longmeadow.

CARL BEARSE, PRESIDENT-ELECT

When it comes to the matter of hours expended in the service of the M. M. S. as a representative of Norfolk and member and chairman of committees, notably the Committee on By-Laws and Council Rules, few fellows ever have made a more extensive and consistent record than Carl Bearse. For that contribution alone, he deserved selection as the man next in line for our top honor. But his other attributes will justify this choice as time goes on. He knows his General Robert thoroughly, and has helped much to mold and simplify our own methods of procedure. He speaks well and should make a good presiding officer. As a fellow editor of many years' experience, we of the Hampden Hippocrat salute you and your achievements, Carl, and wish you success and satisfaction in your new assignment. "Come up and see our itchings some time!" E.P.B.

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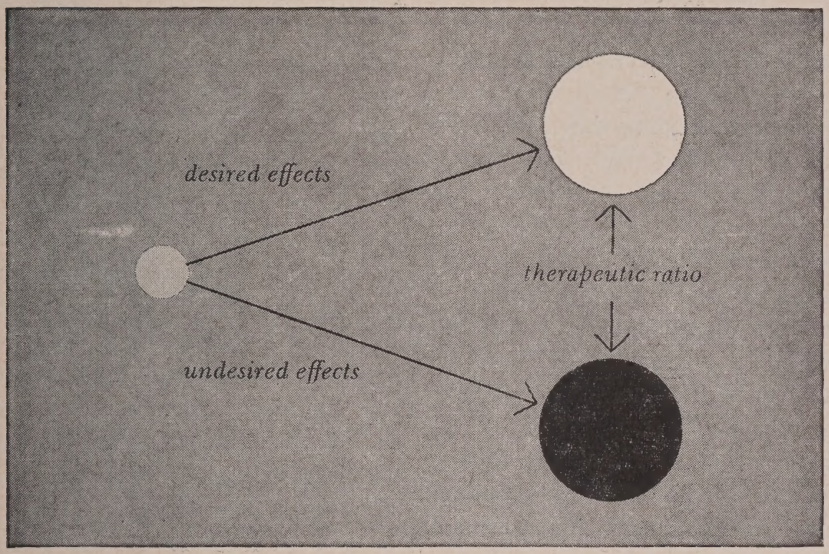

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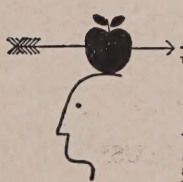

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. . . hits the disease, but spares the patient

1. Neustadt, D. H.: Corticosteroid Therapy in Rheumatoid Arthritis: Comparative Study of Effects of Prednisone and Prednisolone, Methylprednisolone, Triamcinolone, and Dexamethasone, J.A.M.A., in press.

Upjohn

EXECUTIVE COMMITTEE MEETING

The following is a summary of the Executive Committee meeting held on May 14th.

1.) Received a letter from the state Committee on Ethics and Discipline commending the District on its favorable action in regard to the "Westover Directory and Guide".

2.) Voted to forward an article printed in the Worcester Medical News, relative to publicity seekers, to the editor of the Hampden Hippocrat to reprint if he sees fit. (See next column.)

3.) Approved the appointment of Dr. Richard J. Maher to the position of Asst. Secretary and Business Manager of the Hampden Hippocrat.

4.) Approved a resolution relative to protective inoculations against polio.

5.) The Grievance Committee aired a complaint about a fee and found for the physician.

Harry N. Memery, M. D.
Secretary

OSLER AND THE PRESS *

Sir William Osler was a great teacher and a leader in creating modern medical training. His textbooks dealing with purely medical matters are still a standard in modern medicine. His pure medical writings are concerned with behavioral advice to physicians. This counsel is still the norm in the practice of the profession.

Among his monographs there is this admonition which is worth quoting. "In the life of every successful physician there comes the temptation to toy with the Delilah of the press, daily and otherwise. There are times when she may be courted with satisfaction, but beware! Sooner or later she is sure to play the harlot, and has left many a man shorn of his strength, namely the confidence of his professional brother."

* From the Worcester Medical News, March, 1959.

NEW COMMITTEES

A complete list of the 1959-60 committees will appear in the next issue of the Hippocrat.

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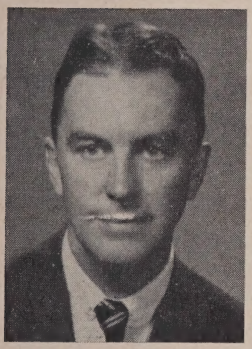
PRESCRIPTION SPECIALISTS

WESTFIELD, MASSACHUSETTS

President's Page



The Grievance Committee

The Executive Committee of each District also functions as a grievance committee at the local level. This arrangement has now been in effect for several years, since the State Committee on Ethics and Discipline found that it was very difficult to consider complaints from all over the state. Now the only cases referred to Boston are those in which the local committee and the involved physician cannot reach a satisfactory solution.

Now, how has this system worked in this district? Over the past four years I would say that over 90% of the cases have been decided in favor of the doctor. Of the remainder, only two have been referred to Boston, and the total number of cases is in the neighborhood of forty to fifty.

I am discussing this problem of grievance this month, because we have found that the average physician, on being informed that a complaint has been received about him, seems to feel that his integrity is being questioned not by a patient, but by his Society. Members should realize that if a complaint is properly made, we are obliged to investigate it, but that action is no reflection per se on the physician.

Complaints are received only by the Secretary, they must be in writing, and they must be made by the patient — no complaints by friends, relatives, employers, etc., are considered. At this point the Secretary requests the patient (who frequently has not done so) to contact the physician (who may be unaware that any complaint was contemplated.) In many cases this results in a solution without involving the Society. However, if the complaint is pressed, the Secretary then requests the doctor to present his side in writing and also in person, if he so requests.

Finally the Committee considers both statements and reaches a decision. If it decides that there is no onus on the doctor, the matter ends there as far as the Society is concerned, and the patient is so informed.

Physicians in Hampden District may be sure that their interests will be protected, but the Society is bound by its principles to investigate complaints in order to protect the reputation the profession so deservedly enjoys.

John A. Burke, M. D.

AUXILIARY DOINGS

The first meeting of the new Board of the Woman's Auxiliary to the Hampden District Medical Society was held on June 1st at the home of the president, Mrs. Arthur E. Gramse, 234 Ellington Road, Longmeadow.

Past President Mrs. Elmer F. Franseen gave a brief report on the annual state meeting which was held in Boston in May. Hampden District won outstanding recognition in several fields for its accomplishments the past year. Noteworthy among these was the awarding of fourteen Nursing Scholarships to girls in this area—the largest number awarded by any district. This was made possible by the tremendous success of the Annual White Cap Ball.

Hampden District also won particular recognition for its promotion and sale of the Medical Society's "Today's Health". Mrs. George Orlansky of Palmer was the chairman of this committee.

The president reviewed the object of the Auxiliary and its three outstanding projects which are:

Nursing Scholarships, legislation, keeping the medical standard of Massachusetts high, and "Today's Health" —an outstanding magazine that should be in everyone's home.

Plans were discussed for this year's White Cap Ball which will be held early in November. This promises to be an outstanding social event, particularly because this year marks the tenth anniversary of the organization. Mrs. Benjamin Barton, program chairman and her committee are planning a very interesting program for the Fall. The Auxiliary membership has now grown to almost four hundred members. The business meeting was followed by a tea and short social hour.

Priscilla Dixon, Publicity Chairman

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1. Bronstein, M.: A.M.A. Arch. Ophth. 57:503, 1957.
2. Sosa, T. L.: California Med. 87:266, 1957.

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MC-J-859

20:159, 1955. (7) ... cortandracin and ... report to Soc. Lon... Cirla, E., and Sal... in bronchial asthm... Meticorten, New ... Letter 27:324 (Ma... Dis. Chest 27:515... Studies of metacor... ternat. Conf. Met... Prensa med. Vene... Corona, L.: Metic... quimico (Meticorte... cal study), Prese... Janeiro, November... osteoarthrosis), Fl... (16) Bianchi, W.... rheumatoid arthri... gust 14-19, 1955. ... erman, H. A.; Be... R. L.; Bollet, A. ... tion of metacortal... Atlantic City, Jun... J. J.: Observation... thritis, First Int... (21) Blais, J. A.... M.; Long, L., an... diseases, Ann. M... (22) Boland, E. W... arthritis, Ann. M... E. W.: Preliminar... First Internat. C... E. W.: California ... ment of lupus ery... June 1, 1955. (26)... 1) 1955. (27) Ba... erythematosus wit... Assoc., Atlantic C... and Tedeschi, G. ... and Ficini, M.: M... ences with metaco... Rheumat., Rio de ... Comparative studi... Conf. Meticorten, ... Acad. Med. New ... Costa, P.: O Hos... (Nov. 13) 1954. (... Soc., Philadelphia, ... 1955. (36) Bunim... York Acad. Sc. 6... Preliminary obser... properties of met... Assoc., Bethesda, ... Bollet, A. J.: J. A... and Bollet, A. J.... and Bauer, W.: A... nitrogen, and carb... June 3-4, 1955. ... (42) Carrizosa Ar... posium, National ... C. A.; Orcese, L.... (44) Cecil, R. L.,... Philadelphia, W. ... Wallace, E. Z., an... secretion in the ... June 1, 1955. (46... arthritis, First I... (47) Cohen, A.: T... with metacortandr... New York, May 3... others: Rev. rhu... (49) Craver, L. ... Virginia M. Mon... metacortandracin ... May 31 and June ... experiences with ... June 1, 1955. (5... Ragan, C.: J.A.M... 8:545, 1955. (55) ... at New York Rhe... E. J.: Studies on ... Internat. Conf. M... and Gluck, E. J.: ... E. J.: A.M.A. ... and Baquiche, M.... and comments: J.A... 1955. (62) Farah, ... Decid. 1:243, 1955... 1955. (64) Ferenc... of metacortandrac... Meticorten, New ... Mosca, M. C., an... V.; Glinoulhiac, ... (July 4) 1955. (... and Carbone, J.: ... measured by pitui... secretion in man. ... (68) Freisklederer, ... R. H.: Experience ... drulone for in-pat... York, May 31 and ... (July 4) 1955. (7... the treatment of ... Rheumat., Rio de ... Meticorten in lym... York, May 31 and ... (74) Gluck, E. J.: ... (Sept. 22) 1955. ... 25:75, 1955. (76) ... Merrick, E. P.: J.... Zabaleta, I., and ... (Clinical experien... Rio de Janeiro an... 54:262, 1955. (80) ... disorders: The eff... corten, New York, ... et al.: Treatment ... cortandracin, Ann... (82) Henderson, J. ... Jersey State M. 8...

WHAT MANNER OF MAN

The annual dinner of the Massachusetts Medical Society is in a way the ultimate test of the men who have been singled out for elevation to the rank of president. Theirs is the responsibility for setting the tone of the meeting by the humor that is requisitioned, but above all by the quality of the main speaker who is invited to bat in the clean-up spot. Still fresh in mind is the speaker who showed a series of utterly revealing colored slides of the medical examiner's work in tracing the course of bullets to vital spots in male and female cadavers. The juicy red roast beef did not sit too securely on many a ladies greater curvature that evening. *Horribile dictu!*

Charlie's choice of able General Alfred M. Gruenther, who stepped from military life into the presidency of the American Red Cross, was above reproach. From personal experience he knew that the General could speak well, and his work as a surgeon both in war time and in peace has convinced him as it did the speaker of the indispensable service performed by the great institution that he chose to lead. The General summoned the nation's physicians to serve as a front line to defend their country against the threats of the cold war while they protect the people against disease and suffering. He agreed with Khruschev in asserting that there will be no hot war. "We in the Alliance", said he, "have a retaliatory capacity of such destructiveness that it will prevent a third world war from taking place".

Councilors know that the Lund brand of presiding through the year has been adequate and fair, with a cheering firmness within the bounds of General Robert's Rules. His working knowledge of the latter was made evident without the aid of parliamentarians, professional or amateur. As a result, meetings of the Council were not unduly protracted like too many sessions of previous years. The presiding at the head table likewise was adequate, indeed the president in his final effort rose to heroic heights. By some mischance, the man of God missed connections, so the invocation must have gone by default had not Charles risen to the emergency. Without hesitation he clamped onto the rostrum and bowed his head. With great earnestness he asked a blessing on our food. At the end, the crescendo of agonized petitioning came painfully close to blasphemy, but ladies and gentlemen, put yourselves in his place and add Amen.

Through a timely coincidence, one source of Charley Lund's strength was discovered. A recent issue of Sports Illustrated, (June 1/59), contained a telling photoengraving of the 1914 Harvard eight-oared crew which was the first group of American oarsmen to win the championship at the famous Henley Regatta, as they appeared in 1959 after the annual 'brisk' row on the Charles River. In spite of venerable grey heads, there were only two crabs visible in the lot, and neither of them from the oar of Senator Leverett Saltonstall in the bow, or that of Stroke Lund! Yes, even as far back as 1914, Charley was elected to set the pace for his fellow oarsmen, and together they bettered the times of all opponents. Not a little of that degermination persists after nearly a half century whenever he comes to grips with a loud speaker. Congratulations and more strength to your elbow Mr. Ex-President! E.P.B.

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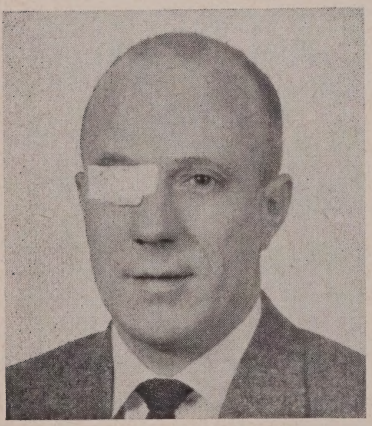
WELCOME . . . . . .

MUSTAFA I. ADHAM, M. D.
38 School Street, Springfield, Mass.
Born: August 9, 1923

Royal College of Medicine, Bagdad, Iraq 1946
Internship: Union Hospital, Bagdad 1947
Residencies:
University Hospital, Bagdad 1948
Harvard Graduate Medical School 1952
Mass. Memorial Hospital 1952 - 1956
Westfield State Sanatorium 1957
Specialty: Surgery



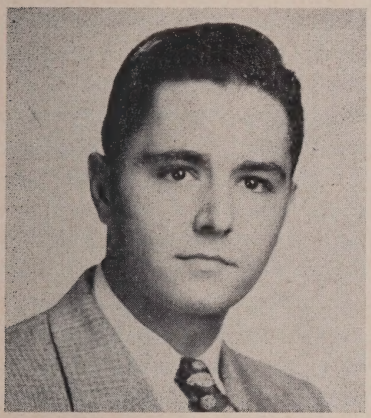
JOHN T. GORMAN, JR., M. D.
Soldier's Home Hospital, Holyoke, Mass.
Born: January 9, 1924

Georgetown University School of Medicine 1953
Internship:
Los Angeles County General Hospital 1954
Residencies:
Georgetown University Hospital 1955
District of Columbia General Hospital 1956 - 1957
Pondville State Hospital 1958
Specialty: Internal Medicine,

WILLIAM N. HILL, JR., M. D.
4 Chestnut Street, Springfield, Mass.
Born: Dec. 13, 1926

Cornell University Medical College 1952
Internship: Hartford Hospital 1953
Residencies:
U. S. Naval Hospital 1954
Women's Hospital, N. Y. 1955 - 1958
Military Service: 1945 - 1946 — 1953 - 1955
Specialty: Obstetrics and Gynecology

. . . . . NEW MEMBERS



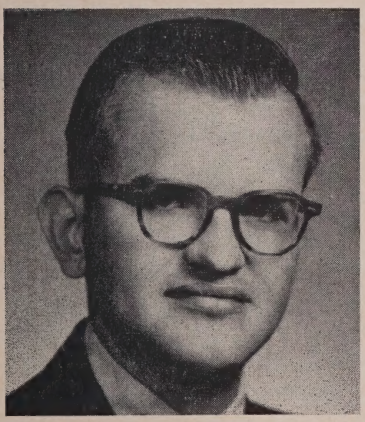
CHARLES R. HOLT, M. D.
48 Court Street, Westfield, Mass.
Born: April 26, 1924

Boston University School of Medicine 1952
Internship: Mass. Memorial Hospitals 1953

Residencies:

Mass. Memorial Hospitals 1953 - 1956
Westfield State Sanatorium 1957
Mass. Memorial Hospitals 1958
Assistant in Surgery, B.U.
Military Service: 1943 - 1945

Specialty: General Surgery



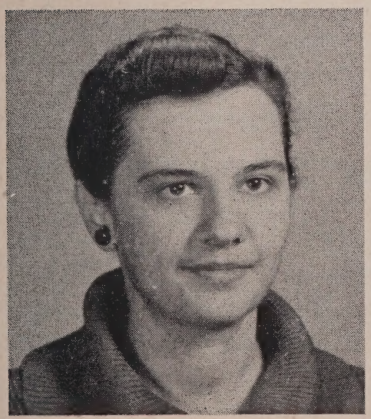
JOHN J. MEDREK, M. D.
302 Sumner Avenue, Springfield, Mass.
Born: July 1, 1929

Georgetown University School of Medicine 1955

Internship:

Mercy Hospital, Buffalo, N. Y. 1956
Military Service: 1956 - 1958

Specialty: General Practice



HELEN A. PAPAIOANOU, M. D.
76 Court Street, Westfield, Mass.
Born: July 21, 1928

Boston University School of Medicine 1953
Boston City Hospital 1953 - 1955
University Hospital, Ann Arbor, Michigan 1956
Boston City Hospital, Fellowship in Child Psychiatry 1957
McDowell Memorial Hospital, Kentucky
Pediatrician in Chief 1957 - 1959

Specialty: Pediatrics

COUNCIL MEETING HIGHLIGHTS

The Spring meeting of the Council of the MMS was held at the Statler Hotel, Boston, on Monday, May 18, 5 P. M. President Lund introduced Mrs. Bancroft Wheeler, President of the Auxiliary to the Massachusetts Medical Society. She spoke briefly on the program of the Auxiliary, which now has 2549 members, and chapters in 19 districts. Her report was well received.

Informal committee reports were considered and passed without controversy. At 6:30 P. M. the meeting adjourned for the Cotting-Woodward supper. Following the supper the report of the Committee on Nominations was presented. (See page 2). It was voted to refer the recommendation "that transportation expenses of the Alternate-delegates to the A.M.A. be paid by the society", to the Committee on Finance.

A resolution that "a committee be appointed to investigate the medical aspect of possible abuses of disability retirement programs for state and municipal employees", was accepted. It was voted to hold the Annual Meeting of 1960, at the Statler Hilton, May 16 to 19.

The Committee on Welfare Problems felt that its committee was too large and that more could be accomplished with a smaller committee. It was recommended that Council instruct the Committee on By-laws and Council Rules to consider this change. It was further suggested that one member from each district plus an alternate be appointed. A committee on Blue Shield Utilization was appointed by the president to consist of:

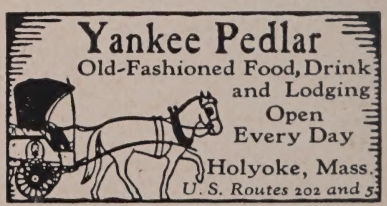
Drs. William S. Altman, Norfolk, Jacob Fine, Essex, Roy J. Heffernan, Norfolk, Louis A. Sieracki, Norfolk, Lamar Soutter, Suffolk, and Curtis C. Tripp, Bristol. It was announced that the Blue Shield had agreed to pay expense of this investigation.

The subject of Social Security for physicians was taken up and debated long and bitterly. The results of the post card poll of the various Districts were presented. These indicated that 76% of the physicians were in favor of Social Security for physicians. On actual count 4352 physicians out of 6800 had voted for Social Security. The Delegates to the A.M.A. agreed to vote accordingly.

Dr. Dame, the new President of the Society, was then introduced and spoke briefly of his program for the following year. He was followed by President-elect Dr. Carl Bearse.

A resolution that the M.M.S. oppose a law recently passed by the legislature which would permit Blue Shield to pay for services rendered by chiropodists or podiatrists, was approved.

COMPLIMENTS
Ernest A. Byron
SPRINGFIELD



The resolution of Hampden District relative to the Drug Act was referred to the Committee on Pharmaceutical Problems and also to the Committee on Legislation. The Hampden District resolution dealing with Blue Shield was referred to the Committee on Blue Shield Practices.

A resolution from Bristol called upon the M.M.S. and the A.M.A. to stress in the public press the amount of free service given by doctors in hospitals and to welfare recipients, etc., in order to controvert some of the bad press notices which we usually receive. Essex South suggested certain by-law changes; this was referred to the Committee on By-Laws. The meeting adjourned at 10:45 P. M.

Ralph T. Miller, M. D.

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CORRESPONDENCE

Correction, Please!

Dear Hippocrat:

The Hippocrat was in error when it stated that the Chiropractic Bill had been passed by the State House and Senate. I assume that mistaken for it was a permissive bill to allow Blue Shield to pay the bills of chiropodists and podiatrists which was passed recently and signed by the Governor. The Chiropractic Bill is yet to come up before the Legislature.

Therefore, it is not too late to contact your legislators urging them to oppose this most objectionable bill to the medical profession.

Ralph T. Miller, M. D.

Physicians and Polio

Dear Hippocrat:

This month polio inoculation campaigns should be going full blast all over the country. If your society hasn't promoted vaccination this spring, now is the time to assess your local situation and start the wheels rolling before the 1959 season begins.

In my last report, you will recall, I recommended that we concentrate on those who have so far resisted inoculation efforts—more than a third of Americans under 20 and almost three quarters of all adults under 40. Our job is to find out who these people are and make sure they are reached this year. We can only do this by cooperating with all interested community groups—the more the better—and surveying the situation beforehand to determine the best approach. Here are some ways to give your campaign a boost in the right direction:

Enlist the aid of local voluntary health agencies, religious groups and civic clubs in promoting and organizing polio inoculation campaigns. Experience shows that campaigns which are united community efforts are far more successful than lone-wolf ventures. This February the National Health Council urged more than 50 national organizations in the health and welfare fields to encourage their chapters to take part in inoculation activities on the local level. A statement was drafted (a copy is enclosed) for these groups to send their chapters. If you're approached by one of these groups to help organize a polio inoculation campaign, don't slam the door. If the method they suggest is not agreeable, sit down and work out a plan acceptable to all parties. Better still—why not contact them with your program and solicit their assistance and cooperation.

If you want to start off your campaign with a survey to find out who in the community isn't inoculated, you'll find a how-to-do-it guide in the U. S. Public Health Service's "Polio Packet — 1959." The packet contains a guide for community action, a manual for conducting a survey, and information on publicity as well as on the status of polio. Your local health department may have a copy or be able to order one for you.

Edgar E. Martmer, M. D.
AMA liaison to the Joint
AMA, USPHS, NF Polio
Inoculation Campaign

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The U. S. death rate from the four principal communicable *diseases of childhood,* measles, scarlet fever, whooping cough and diphtheria, under age 20 fell from 143.0 per 100,000 in 1910 to 1.5 in 1956, or 99%.

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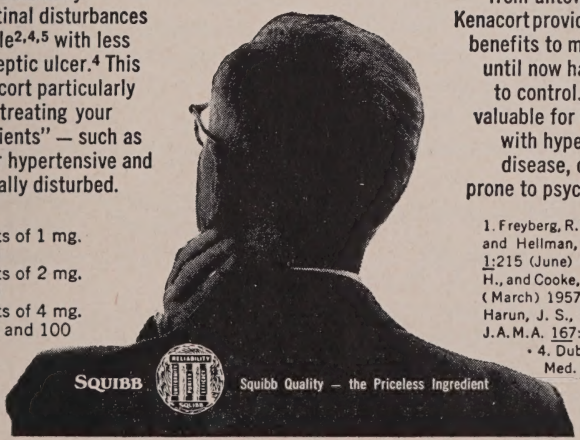

1. Freyberg, R.H.; Berntsen, C.A., Jr., and Hellman, L.: Arth. & Rheum. 1:215 (June) 1958. • 2. Sherwood, H., and Cooke, R. A.: J. Allergy 28:97 (March) 1957. • 3. Shelley, W. B.; Harun, J. S., and Pillsbury, D. M.: J.A.M.A. 167:959 (June 21) 1958. • 4. Dubois, E. L.: California Med. 89:195 (Sept.) 1958. • 5. Hartung, E. F.: J.A.M.A. 167:973 (June 21) 1958.

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HIGH SCHOOL SCIENCE FAIRS

Flanked by two winners Dr. William M. Davis is shown awarding 1st prize to Barbara Roberts (Exhibit: Cholesterol), and 2nd prize to Michael Spencer (Exhibit: Caffeine), both of Classical High School.

For the third year the Hampden District Medical Society participated in the Science Fairs of the local high schools. Fifteen schools conducted the Science Fairs and at each of the schools members of the Society viewed the exhibits and made the awards to the winners in the form of certificates and cash prizes.

The following schools participated:

CATHEDRAL
(award made by Dr. Martin B. Murray)

1st prize	2nd prize
John Burke	Mary Ferraro
Exhibit: Determination of Sex in Embryo Chicks Under The Influence of Estrogens	Exhibit: Radio-autograph

CHICOPEE
(award made by Dr. Edward I. Kraus)

1st prize	2nd prize
Frances McGregor	Katherine Robak
Exhibit: Cancer in Mice	Exhibit: Radiation in Mice

CLASSICAL
(award made by Dr. William M. Davis)

1st prize	2nd prize
Barbara Roberts	Michael Spencer
Exhibit: Cholesterol	Exhibit: Caffeine

COMMERCE
(award made by Dr. O. J. Menard)

1st prize	2nd prize
Cynthia Kadzik	Deanne Brochu
Exhibit: Acne-Teenager's Foe	Exhibit: Main Organs of the Human Body

HOLYOKE
(award made by Dr. Richard J. Maher)

1st prize	2nd prize
Douglas Fleury	Charles Healy
Exhibit: Salamanders	Exhibit: Sulphur

LONGMEADOW
(award made by Dr. Robert W. Emery)

1st prize	2nd prize
Brian Doherty	Peter Clarke; Cary Coen
Exhibit: Synthesis of Amino Acids	Exhibit: Regeneration

PALMER
(award made by Dr. Joseph E. Slowick)

1st prize	2nd prize
Jayne Gralinski	Kay Czech
Exhibit: Daibetes Mellitus	Exhibit: The Human Eye

PRECIOUS BLOOD - HOLYOKE
(award made by Dr. Richard J. Maher)

1st prize	2nd prize
Lynne Gourgeault	Irene Quintal
Exhibit: The Wheel of Hormones	Exhibit: Molds and How They Grow

SACRED HEART - HOLYOKE
(award made by Dr. Richard J. Maher)

1st prize	2nd prize
Kathleen Kennedy	Judith Barsalou; Barbara Horne
Exhibit: The Growing Threat of the Diphtheria Epidemic	Exhibit: The Ear

SACRED HEART - SPRINGFIELD
(award made by Dr. Carlo Q. Montori)

1st prize	2nd prize
Sharon Premo	Frances Carney
Exhibit: Equine Encephalitis	Exhibit: Hypothermia

ST. MARY'S - WESTFIELD
(award made by Dr. Harold J. Holleran)

1st prize	2nd prize
Gary Belanger	Catherine Markiewicz; Marie Pais
Exhibit: Busy Blood	Exhibit: Blood Types

TECHNICAL
(award made by Dr. William J. Devlin)

1st prize	2nd prize
Theresa Bursa	Ross Jones
Exhibit: Effect of Antiobiotics on Molds and Bacteria	Exhibit: Centrifugal Fractionation of Homogenous Animal Tissue

WARE
(award made by Dr. Ralph T. Miller)

1st prize	2nd prize
Harry Gafney; Edward Gervais	Donna Staradoj; Kathleen Lucier
Exhibit: Isotopes	Exhibit: Five Senses

WEST SPRINGFIELD
(award made by Dr. Charles A. Diamond)

1st prize	2nd prize
Robert Youmell	Paul C. Daubitz, Jr
Exhibit: The Exchange of Phosphorus between the Plasma and Cells of Human Blood	Exhibit: Algae Solve Space Problem

SPRINGFIELD SCIENCE FAIR
(award made by Dr. Allen G. Rice)
Paul C. Daubitz, Jr.
(West Springfield High)
Exhibit: Algae Solve Space Problem

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RADIOACTIVE FALLOUT

By George A. Vassos, Jr., M. D., Chief Medical Officer
Springfield Civil Defense Agency

Discussion of the potential hazard of world-wide radioactive fallout from nuclear weapons tests may begin with the consideration of three basic facts.

1. The world population is receiving small exposure to radio-active materials originating from nuclear weapons testing. Fission products from bomb detonations have been and are being deposited over the surface of the earth, increasing the external gamma radiation background and finding their way into the human body through inhalation, direct contamination of food and water, and by transmission along ecological cycles from soils-to-plants-to-animals and to man.

2. Enough radiation, either from an external source or from radioactive isotopes deposited in the body, will produce deleterious effects. These effects may result in an increase in genetic mutations, shortening of life expectancy, and increased incidence of leukemia and other malignant and non-malignant changes.

3. Radiation exposure is not a new experience for the world population. All life has been exposed to radiation since the beginning. Radiation from cosmic rays, from radioactive minerals in the earth's crust and from radium, potassium 40, carbon 14, and thorium deposited in the body constitute this so-called natural background. The amount of natural background radiation is such that persons living to an age of 70 years receive an average total dose of about 7 rem, while their skeletons (as a result of radium and other radioactive materials deposited in the bones) receive an average dose equivalent to about 10 to 12 rem. The natural background dose to some segments of the population may be at least three times the average because of variations in cosmic ray intensity and composition of the earth's crust with geographic location.

The net results of fallout is a small increase in the radiation background to which all life is exposed. The problem of the potential hazard of world-wide fallout then becomes one of trying to ascertain the magnitude and significance of this increase in background dose with regard to its potential risk to man's health and well-being.

Contamination from nuclear weapons testing may be divided on the basis of local and distant (world-wide) fallout.

Local fallout is of primary significance in the event of war in which weapons with a high fission component may be detonated at or below the surface to maximize surface contamination. In this case, fission products of short and intermediate, half-life are of major concern since local fall-

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out occurs within a few hours after detonation.

Distant (world-wide) fallout is significant both with regard to continued weapons testing and in the event of nuclear war. Since months and even years are required for fission products to deposit over the earth's surface, only the long-lived radionuclides are important.

External exposure from environmental deposition of gamma-emitting fission products is of concern primarily because of the potential production of genetic changes. Internal exposure is of significance primarily with regard to the potential production of somatic effects in the tissues in which the various fission products deposit upon entering the body.

Only two radionuclides from fission debris (Strontium-90 and Cesium-137) appear likely as potential hazards to man's general health and well-being. The biological significance of present and future levels of these isotopes is being studied. These studies suggest that the rate of nuclear weapons testing, if continued for several years, will not produce internal radiation levels that will exceed the recommended general population maximum permissible levels set forth by the National and International Commissions on Radiological Protection. Although this leads to the conclusion that the present rate of bisopheric contamination poses no serious potential somatic hazard to world health, the great uncertainties involved make it imperative that the problems be kept under constant scrutiny, if nuclear weapons tests are to continue. Fortunately, present levels are not critical and the slow rate of biospheric build-up affords time for continued intensive and extensive study.

At the present time, fall-out represents the major source of the hazardous long-lived radionuclides of concern to the general population. These radioactive materials, created as the result of nuclear detonations, are carried to the strastosphere, whence they return slowly to the earth with rain, snow, or dust particles. From the standpoint of health significance, Strontium-90 (half life 10,000 days) is generally considered to be the most hazardous fission product because of its long and radioactive half-life, its relatively long retention in the body, and its similarity to calcium in terms of metabolic behavior which results in a localization in skeletal tissue, and hence, into close association with the blood-forming organs. Accordingly, much research has been focused on the determination of the concentration of this radionuclide in a variety of products including air particulates, soil, water, bone, and foods.

Among the foods, milk has received the greatest attention, with the results that many groups throughout the

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world are currently determining its strontium-90 content. In this regard milk is of particular interest because of its importance as a source of dietary calcium. In the United States about 80 per cent of the calcium in diet is furnished by dairy products.

If it were possible to adjust the diet in a manner which would result in all dietary calcium and strontium being produced from deep mineral deposits, the intake of strontium-90 would be negligible, since it is "Man-made" and is found only on or near the surface of the earth. On the other hand, the finding that only about a seventh of the strontium-90 ingested by the cow appears in her milk, suggests that man's intake of this isotope would be significantly higher if his sole sources of calcium and strontium were from plant sources. Confirmation of this supposition will require further research.

In addition to the food-monitoring activities associated with strontium-90, many reports have been published separately on the occurrence of other radionuclides such as iodine-131, barium-140, cesium-137, and radium-226 in foods.

Since milk forms one part of the diet for most people, it is clear that radioactivity levels in milk are not necessarily an indicator of total dietary exposure. Although evidence suggests that strontium-90 from milk may represent a substantial portion of the total intake of this radionuclide in the United States, generalization on the contributions of milk to total radiation exposure are not warranted until additional evidence is available regarding the concentration of strontium-90 and the other biologically important radionuclides in foods generally.

Autopsy samples of human bones are now being received from about 30 stations in a world-wide network. Several thousand have already been analyzed. Radium analyses on total body ash samples from New York City and composities of bones from the world-wide collection network give the most complete picture of natural radium levels in the human population so far. The effective radiation to the bones of young children from Sr.-90 now exceeds the radium dose by a factor of about 3.

Although the present level of Sr.-90 produces only a small increment to the radiation dose from natural background sources, the problem is not trivial. Continued testing requires vigilant monitoring and a more precise definition of each important factor which affects the uptake of Sr.-90 in man. It should also be noted that such studies will provide the basic scientific data for controlling the environment in the event of a reactor accident.

These matters should be of concern to all Physicians because of their responsibility for the health of all people and their dedication to scientific enquiry.

The importance of gathering data for a dispassionate definition of the precise biologic effects of ionizing radiation is self-evident. End

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SPRINGFIELD ACADEMY OF MEDICINE

Annual Meeting

The Annual Meeting of the Springfield Academy of Medicine was held Tuesday, May 12, 1959. In reporting for the Program Committee its Chairman, Dr. Donald R. Hayes commented that "The Committee has considered at some length the possibility of having a one or two-day symposium, perhaps in conjunction with the Academy of General Practice. The final plans for this are not yet completed."

The slate of officers elected for the coming year is as follows:

President Donald R. Hayes, M. D.
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Vice-president Frank E. Hurley, M. D.
Secretary George B. Corcoran, Jr., M. D.
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November 10 — Mercy Hospital
Francis D. Moore, M. D.
Professor of Surgery
Harvard Medical School

December 8 — Springfield Hospital
Thomas Chalmers, M. D.
Lemuel Shattuck Hospital, Boston

1960

January 12 — Wesson Memorial
Isadore Lampe, M. D.
Professor of Radiology
University of Michigan School of Medicine

February 9 — Mercy Hospital
Lewis Dexter, M. D.
Assistant Professor of Medicine
Harvard Medical School

March 9 — Springfield Hospital
Robert E. Gross, M. D.
Professor of Child Surgery
Harvard Medical School

April 12 — Wesson Memorial
Edward A. Edwards, M. D.
Associate Clinical Professor of Anatomy
Harvard Medical School

May 10
Annual Meeting and Sound Movie

PLASTIC BAGS AREN'T TOYS

The handy plastic bag may contain a shirt, a dozen oranges or a model airplane — but the bag itself is no toy.

The American Academy of General Practice, speaking for more than 25,000 family doctors, today urged parents to dispose of "disposable" bags. Calling attention to recent suffocation deaths, the Academy put plastic packaging material in the same category as "unloaded" guns, household poisons and abandoned refrigerators.

Mr. Mac F. Cahal, the Academy's executive director, said that plastic film serves many useful purposes but added that "suffocation is a frequent cause of accidental death among children under one year of age." Mr. Cahal said that the Academy is working with the Society of the Plastics Industry, Inc., on a campaign to eliminate "these terrible accidents, caused by momentary negligence."

He urged parents to keep plastic bags and plastic film out of reach of children, to dispose of such materials at the earliest possible moment—and not to treat them as toys.

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